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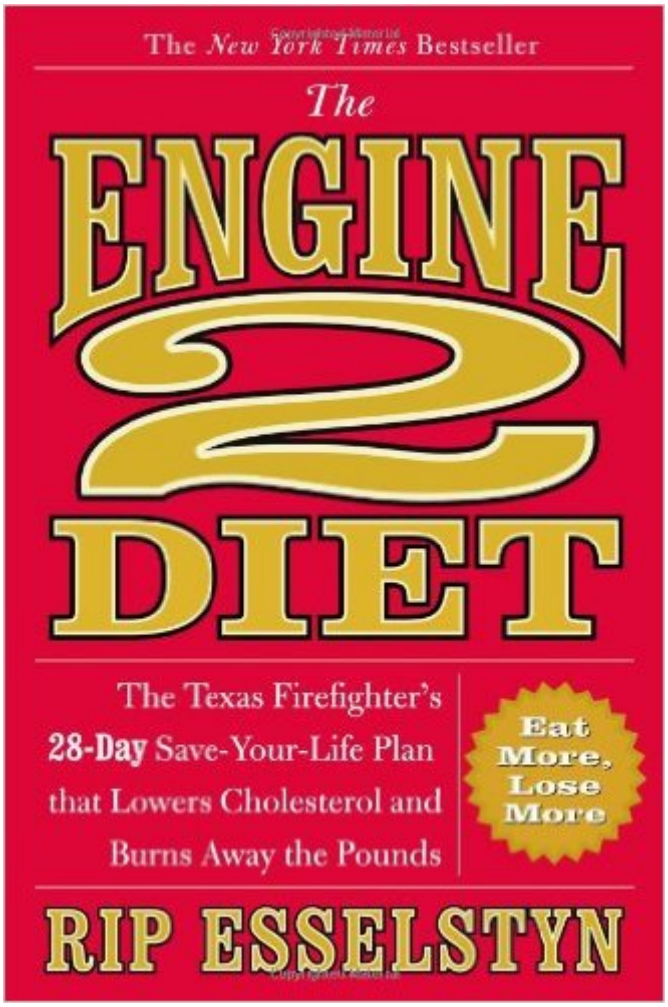
The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan That Lowers Cholesterol And Burns Away The Pounds



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Synopsis

Lose weight, lower cholesterol, significantly reduce the risk of disease, and become physically fit--in just 4 weeks. Professional athlete-turned-firefighter Rip Esselstyn is used to responding to emergencies. So, when he learned that some of his fellow Engine 2 firefighters in Austin, TX, were in dire physical condition-several had dangerously high cholesterol levels (the highest was 344!)-he sprang into action and created a life-saving plan for the firehouse. By following Rip's program, everyone lost weight (some more than 20 lbs.), lowered their cholesterol (Mr. 344's dropped to 196), and improved their overall health. Now, Rip outlines his proven plan in this book. With Rip as your expert coach and motivator, you'll transform your body and lifestyle in a month. His plant-powered eating plan is based on a diet of whole foods, including whole grains, fresh fruits, vegetables, legumes, nuts, and seeds. This invaluable guide features: **Dozens of easy, mouthwatering recipes-from pancakes to pizza, Tex-Mex favorites to knockout chocolate desserts-that will keep you looking forward to every bite **Pantry-stocking tips will take the panic out of inevitable cravings and on-the-fly meals **Guidelines on menu choices that will allow you to eat out, wherever and whenever you want **Rip's simple, firefighter-inspired exercise program that will boost your metabolism and melt your fat away.Medically approved, easy-to-follow, and amazingly effective, this diet is designed for anyone who wants to make heroic strides in his or her health, weight, and well-being-all without heroic effort."I've known Rip for more than 20 years. In that time, he's been a great motivator for so many people. This terrific book will inspire all who read it to change their lives and optimize their health." -Lance Armstrong, cancer survivor, seven-time Tour de France champion "Want to be as strong as a Texas firefighter? Or as healthy as a professional triathlete? Then follow the wonderful advice of Rip Esselstyn, who is both. His book can save your life--whether you're a man or a woman. Highly recommended!" -Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute, Clinical Professor of Medicine, U of California SF, author, Dr. Dean Ornish's Program for Reversing Heart Disease

Book Information

Hardcover: 288 pages
Publisher: Grand Central Life & Style; 1 edition (February 25, 2009)
Language: English
ISBN-10: 0446506699
ISBN-13: 978-0446506694
Product Dimensions: 6.5 x 1 x 9.4 inches

Shipping Weight: 1 pounds (View shipping rates and policies)
Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (1,006 customer reviews)
Best Sellers Rank: #3,571 in Books (See Top 100 in Books) #5 inÂ Books > Cookbooks, Food & Wine > Cooking Methods > Organic #8 inÂ Books > Health, Fitness & Dieting > Diets & Weight Loss > Vegetarian #10 inÂ Books > Cookbooks, Food & Wine > Special Diet > Vegetarian & Vegan > Non-Vegan Vegetarian

Customer Reviews

In this book review of "The Engine 2 Diet," I'll describe both my experience of the book itself and then my personal experience being on the diet for the past 3 weeks. Rather than call the Engine 2, a "diet," I'd prefer to call it a "lifestyle" with a major focus on dietary change. When you see the word "diet," you may immediately think of giving up quantity and giving up foods you are attached to. This is absolutely not the case with the Engine 2 diet. With this dietary plan, you can eat as much of the foods on the plan as you want to eat (with a few logical exceptions) and the foods you eat will taste wonderful. One thing for sure with this Engine 2 Diet, I always feel satisfied and don't have any cravings for foods---this was completely unexpected and surprising.The book itself is very easy to read and follow. The book is divided into 3 major sections, (1) His philosophy of the Engine 2 Diet with the author's own story and background; brief citing and review of the medical and research studies documenting the health benefits with this diet; exploration of the myths about food and following a vegan diet; blood markers; and a brief review of exercise benefits and necessity with the diet. (2) How the Diet Works-the 28 day plan easily explained and described; how to seriously and deeply understand labels on all food products (this chapter is outstanding); and overall how to make this diet work to improve your life; (3) Recipes, meal plans, preparing your kitchen before starting the diet and how to shop for specific foods-brands to buy, foods to reject, ingredients to keep on hand, etc.His reasoning and explanation for the diet are clearly explained. The health benefits are outlined and are numerous. The chapter on how to read labels is outstanding.

The Engine 2 Diet has typical self-help elements--personal success story, user testimonials, good advice, and bold claims for positive life-changing results. The advice is simple; Esselstyn summarizes it in just eight points. Like the advice in most self-help books, it's been preached elsewhere. Esselstyn's contribution summarizes the evidence for significant health benefits from a "plant-strong" diet, adds a dash of exercise, and lays out how to identify healthful choices and fix a variety of dishes from breakfast through desert.Esselstyn's "plant-strong" means vegan. Engine 2

adds strict limits on sodium, fat, and sugar. It may be smart to avoid the vegan label. Engine 2 is aiming for the mainstream. There's no mention of saving animals, just a healthy lifestyle saving people. Another thing you won't find, there's no advice to limit how much you eat. The diet focuses exclusively on what you eat, claiming you can eat as much as you want of the allowed foods, be healthier, and lose weight.I love many things about Engine 2. It gives people excellent goals for better health and explains in detail how to achieve those goals. I found the chapter on reading labels extremely helpful, especially the specific criteria for the grocery store aisles. The large recipe section includes many simple everyday dishes and few elaborate dishes. It offers replacements for animal-sourced high-fat workhorses like mayonnaise, salad dressing, and sandwich fillings. The book's strength is showing how to live this lifestyle every working day.The recipes are easy to follow, instructions are clear, and I usually end up with what I expect. I had trouble finding ingredients for some of the recipes, especially on the first trial, and had to substitute and omit.

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